



STUDENT SUGGESTED EQUIPMENT LIST

Please label your student's belongings so items misplaced on the trip can be quickly returned.

- SHOES: Two (2) pairs: One (1) pair of sneakers and one (1) sturdy pair. Waterproof hiking boots are highly recommended. To reduce the risk of developing blisters, footwear should already be "broken in." No sandals or flip-flops should be worn outdoors.
- SOCKS: One pair for each day, plus two extra pairs.
- UNDERWEAR: Fresh change for each day.
- SHIRTS: One for each day - any combination of t-shirts, cotton or nylon sport shirts or blouses and cotton flannel shirt as weather dictates. ***One STOKES white tee-shirt will be provided for Tie-Dying***
- PANTS: Clean pair for each day. **No shorts!**
- SWEATERS: At least one sweater or sweatshirt or one of each.
- JACKET: At least one medium, heavy, or light (windbreaker).
- PAJAMAS: One pair.
- TOWELS: One towel and one wash cloth.
- RAINWEAR: Poncho or waterproof raincoat, hat for rain and sun protection
- BEDDING: Sleeping bag or two sheets and at least one warm blanket – pillow and pillowcase, if desired.
- MISCELLANEOUS: Deodorant, toothbrush with container, toothpaste, soap with container, shampoo, insect repellent, sunscreen, flashlight and extra batteries, suitcase or duffel bag to keep clean clothes, etc. in, comb and/or brush. A plastic garbage-type bag would be very useful for dirty and wet clothing for the trip home. If eyeglasses are worn, an extra pair should be brought, if possible. All medications must be turned in to the school nurse prior to the trip. This includes general medications such as aspirin and/or Tylenol.

Students should also strongly consider bringing a water bottle.

NOTE: DO NOT BRING CELLPHONES, RADIOS, MP3 PLAYERS (iPods), or any type of UTENSIL/WEAPON (i.e. knife).